

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Weekly Drop in Programs				
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 9:00 a.m. Beg. Spanish 10:00 Zumba Gold 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair 4:00 p.m. Nia	9:00 a.m. Aerobics 9:00 a.m. Int. Spanish 9:30 a.m. Bridge Lesson 10:30 a.m. Muscle Cond. 10:30 a.m. Int. Spanish 1:00 p.m. Bingo 1:00 p.m. 3D Open Studio 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble 9:30 a.m. 2D Open Studio	9:00 a.m. Knitting 10:00 a.m. Beg. Tai Chi 10:30 a.m. Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:30 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Aerobics 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Muscle Cond. 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
			1 Senior Center Closed Happy New Year!	2 11:45.....Lunch Beef Stroganoff or Chicken Salad
5 10:30..... Quilting 11:45.....Lunch Sweet Potato Crusted Fish or Egg Salad 12:45..... Beyond Balance 2:00....Book Recommendations from the library	6 11:45.....Lunch Macaroni & Cheese or seafood salad sandwich	7 10:45..... Beyond Balance 11:45.....Lunch <i>Winter Special</i> Vegetable Soup Italian Pot Roast; Cheddar Mashed Potatoes; Broccoli; Garlic Dinner Roll Cherry Strudel 1....Movie: <i>Chef</i>	8 9:30.....Men’s Club @Johnny’s 11:45.....Lunch Baked chicken or vegetarian chef salad 12:30..... Ceramics	9 9:30-11:30.....Health Clinic 11:45.....Lunch Spinach and red pepper quiche or roast beef with provolone 12:30-2:00.....Radio Performance
12 10:30..... Quilting 11:45.....Lunch Chicken with creamy Italian sauce or Ham, Swiss & Mustard 12:45..... Beyond Balance 2:30-4:30.....iPad level 1	13 11:45.....Lunch Salmon with dill sauce or turkey deluxe sandwich 11-1.....Hearing Screening 12:00...Dialogue with Director	14 10:45..... Beyond Balance 11:45.....Lunch Hot dog or egg salad	15 10-11History of Math 11:45.....Lunch Meatball Sub or Tuna Salad 12:30..... Ceramics	16 10.....Book Club 11:45.....Lunch Turkey Tetrazzini or Chicken Pesto Caesar Salad 12:00..... Dialogue with Director
19 Senior Center Closed Martin Luther King Jr. Day	20 11:45.....Lunch Cranberry chicken or seafood salad sandwich Birthday Celebration	21 10:45..... Beyond Balance 10.....Alderman Danberg 11:45.....Lunch Roast Pork w/Apricot Sauce or California Chicken Salad 1...Movie: <i>The Fault in Our Stars</i>	22 10-11History of Math 10.....Men’s Club@ Center 11:45.....Lunch Seafood Alfredo or Roast Beef w/ American Cheese 12:30..... Ceramics	23 9:30-11:30.....Health Clinic 11:45.....Lunch Stuffed shells with tomato sauce or Chef Salad
26 10:30..... Quilting 10:30-11:30....Parkinson’s Support 11:45.....Lunch Chicken marsala or tuna salad sandwich <i>No Beyond Balance</i>	27 11:45.....Lunch Meatloaf with gravy or Egg Salad 12.....Birthday Celebration 6:30....PACT Dinner and Movie– Cloudburst	28 10:45..... Beyond Balance 11:45.....Lunch Lentil Stew or California Chicken Salad	29 10-11History of Math 10:30....Short Story Discussion 11:45.....Lunch Baked fish with crumb topping or Curry Chicken salad 12:30..... Ceramics	30 9.....Alderman Norton 9:30.....Health Clinic 11:45.....Lunch American Chop Suey or turkey deluxe
2 10-12.....Theater Workshop 10:30..... Quilting 11:45.....Lunch Turkey w/Gravy or egg salad sandwich 12:45..... Beyond Balance	3 11:45.....Lunch Chicken Paprika or Roast Beef Sandwich	4 10:45..... Beyond Balance 11:45.....Lunch Sweet potato Pollack filet or Chicken Pesto Caesar Salad 1.....Movie: <i>Magic in the Moonlight</i>	5 9:30.....Men’s Club @Johnny’s 11:45.....Lunch Pot roast with gravy or seafood salad 12:30..... Ceramics	6 9:30-11:30.....Health Clinic 11:45.....Lunch Tortellini with marinara sauce or turkey with Swiss cheese 12:00.. Dialogue with Director
9 10-12.....Theater Workshop 10:30..... Quilting 10:30-12:30.....iPad level 1 11:45.....Lunch Stuffed Pepper w/Tomato Sauce or Mediterranean Tortellini Salad 12:45..... Beyond Balance	10 11-1.....Hearing Screening 11:45.....Lunch Macaroni & Cheese or Roast Beef sandwich	11 10:45..... Beyond Balance 11:45.....Lunch Cheese Lasagna or Egg Salad Sandwich	12 11:45.....Lunch Salmon Filet w/teriyaki Sauce or BBQ Chicken sandwich 12:30..... Ceramics	13 9.....Alderman Norton 9:30.....Health Clinic 11:45.....Lunch February Special Mushroom-Barley Soup, Chicken Bruschetta; Red Potatoes; 1:30.....MBTA CharlieCard
16 Senior Center Closed President’s Day	17 11:45.....Lunch Chicken Creole or Egg Salad sandwich 12:00..... Dialogue with Director Birthday Celebration	18 10.....Alderman Danberg 10:45..... Beyond Balance 11:45.....Lunch Fish Sticks w/Lemon Sauce or Vegetarian Chef Salad 1...Movie: <i>Her</i>	19 11:45.....Lunch Pork w/Sweet & Sour Sauce or Turkey and Swiss 12:30..... Ceramics	20 9:30-11:30.....Health Clinic 10.....Book Club 11:45.....Lunch Veggie Burger or Seafood Salad
23 10-12.....Theater Workshop 10:30-11:30....Parkinson’s Support 10:30..... Quilting 10:30.....Parkinson’s Group 11:45.....Lunch Hot Dog or tuna salad sandwich 12:45..... Beyond Balance	24 11:45.....Lunch Beef Stew or turkey with American cheese 6:30.....PACT Dinner and Swing Dance Lessons	25 10:45..... Beyond Balance 11:45.....Lunch Broccoli-Mushroom Quiche or roast beef with cheddar cheese	26 10:30....Short Story Discussion 11:45.....Lunch Tortellini w/Marinara Sauce or Chicken Caesar Salad 12:30..... Ceramics	27 9.....Alderman Norton 11:45.....Lunch Salmon Boat w/Dill Sauce or Egg Salad